

Stretching For Health and Beauty

What a Few Minutes a Day, Spent in Proper Exercising, Will Do for Human Form and Features Demonstrated By Noted Y. M. C. A. Instructor,



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Would you know how to retain youth and beauty? Take my recipe. Stretch! Stretch and yawn in the face of convention, if necessary, but by all means stretch.

It will work wonders of suppleness in the form, will erase wrinkles from the face, will tune all digestive organs.

Buckminster said: "Though health may be enjoyed without gratitude, it cannot be sported without loss, or regained by courage."

In these simple, health-giving and promoting exercises I am giving, one learns gratitude for perfect health, learns not to sport with beauty, and obviates the necessity of ever-applying courage to regaining either health or beauty—which, once lost, are truly lost forever.

Rarely will one find a woman who acknowledges even to herself that she is losing the suppleness of youth. She hangs on with a tight grip to the last remnants, as it were, of her former freshness and charm.

It is hard for her to realize that she is incapable of former activities.

If there were only some way of retaining health, vigor and agility—who would dread growing old?

Too many take it for granted that with the passing of youth these too must pass. But why stand aside and let the years rob one of these treasures?

Begin today, take a new grip, put into action those idle muscles.

Begin by stretching them. There is no better exercise for toning up the muscles than simple stretching, combined with deep breathing, and the first steps on the high road of health are begun.

A simple stretching exercise is to stand, feet parallel, about three or four inches apart, clasp hands overhead, then turn the palms with fingers still interlaced upward and stretch, rising on the toes and inhaling as you stretch. Hold this position for ten counts, then drop the arms down sideward, exhaling and lowering heels at the same time.

Suppleness and agility belong to youth—do not let it slip out of your hands.

To be young—do "young things." Recall to mind the activities of your childhood. Find now some exercise that will correspond to these activities. You cannot go out on the town lot and play "cross out," but you can do a soft indoor baseball or medicine ball.

In your back yard, or even in your own room.

DO STATIONARY RUNNING IN HOUSE.

You cannot go out in the park and run or play "I-spy" or "King William," but you can open a window and do stationary running in your own bedroom, right after you get out of bed in the morning.

Or rather the children in the neighborhood in your back yard and play with them. You'll be surprised to find how enthusiastically you enter into their sports—how much both you and the children will enjoy it, and incidentally how very sore your atrophied muscles will be the next day.

Muscles that stretch and ache from being unused so long—which shows how badly they need limbering up by just such simple methods.

An afternoon spent so and you'll come in with that old-time hunger, cheeks glowing and eyes sparkling. Outdoor activities, such as tennis, golf, horseback riding, rowing, swimming, cross-country hikes, are the best all around exercises for women—but for those who have not the opportunity for such athletics, or not even the opportunity of joining a gymnasium class, there are exercises for developing and strengthening the various parts of the body, which can be done in your own room.

For first consideration, we'll take the chest, because all chest exercises improve posture and encourage deep breathing. The following is a very good exercise for this:

Grasp a wand with both hands, raise it forward and upward, then bring it down behind shoulders. By raising the knees alternately with this exercise the muscles of the abdomen and lower back will be strengthened.

What a pleasure it is to be able to sit down on the floor and tuck your feet up under you with perfect comfort. The deep knee bend strengthens and makes pliant the muscles in the legs, is a good exercise for the arches of the feet, the back and abdomen.

It follows: Stand with heels together and hands on hips, raise toes then bend knees, hold this position ten counts, stretch knees and lower heels. Arm raising side-ward increase the value of this exercise.

Exercises with the medicine ball, as throwing back between the legs or overhead or thrown as in putting the shot, are valuable trunk exercises. For back and abdomen, stand with feet well apart, knees stretched, bend touching floor to the left with the right hand, and reverse, touching the floor with the left hand.

For poise and a general stretching of all the muscles in the body:

Virginia V. Hamilton illustrating her theory of stretching for health and beauty. Top row, left to right: Putting the medicine ball for muscles of trunk, shoulder and arm; balance, for poise; abdominal and back exercise.

Center row, at left, exercise for chest, correcting round shoulders; at right, medicine ball between knees, an abdominal exercise.

At bottom, the knee bend for the small of the back.

Raise the arms overhead, gradually bend the trunk forward and raise right leg straight backward, balance on the left foot. Reverse—stretch every joint and muscle.

If there is a curvature of the spinal column many good exercises may be taken. The one illustrated here is for a left lateral curvature of the cervical vertebrae. Place the right hand on the neck, the left on the hip, raise right leg straight out to side.

There is nothing more cheering and conducive to happiness than to feel every muscle responding to your direction. Strive to have perfect control of the body, both physically and mentally.

CHILDREN SHOULD BE TAUGHT TO EXERCISE.

Watch your children that they may grow up with straight backs and well-developed chests. Instill

in them a love for exercise and outdoor air, that they may have healthy minds and bodies.

The stretching exercises are simple, as you will see, and that will

do any person incalculable good.

Whether you feel that you need them or not, if you are of the persons who sit at a desk the greater part of the day, it will not be a

waste of time to practice these exercises.

Much of the healthy, buoyant elasticity of mind for which the Greek race is remarkable, as well

as the active and beautiful physical development which no other race has ever equalled, is due to the love of gymnastics. The plastic art also owes its perfection in the treatment of the human form to the constant opportunity which artists had of observing the nude body in various attitudes.

Gymnastics in the general acceptance of the term, denotes every exercise which tends to develop and invigorate the bodily powers, such as walking, running, riding, fencing, rowing, skating, dancing and many others.

Although there is some diversity among teachers of gymnastics as to the relative value of the different exercises, some holding that "free exercises" are sufficient, others that certain mechanical appliances are necessary, yet all agree that to insure healthy and perfect development of the organs of the body, a course of gymnastics must begin with such simple exercises as walking, running and jumping.

The movements which accompany the use of the stick are intended to expand the chest and increase the power of the muscles of the back.

Besides the stick, probably the most popular gymnastic appliance is the dumb-bell, which dates from the days of Queen Elizabeth of England. It has many advantages over the Indian club, the practice of dumb-bell requiring a less amount of room, and not presenting the risk the club does of overstraining the body by its unskilful use.

The dumb-bell admits of being exactly proportioned to the individual strength of each learner, and can be adjusted in weight as his strength increases. The exercises also that may be performed with it give employment to all parts of the body and to both sexes equally. The bar is simply a two-handed dumb-bell. Next in order comes walking, running and leaping, the exercise being so regulated that both the distance and speed are gradually increased.

The leaping rope is suspended from a beam and enables the leaper to clear a barrier at the same time that it gives employment to both the upper and lower limbs. The leaping pole is usually made of ash and varies from 8 to 10 feet in length. Its use may be left to the pleasure of the pupil after he has acquired some dexterity with the leaping rope. This latter appliance is rarely used in American gymnastics, being more frequently found in European gyms.

The horizontal bar and vaulting bars are other appliances used. These are good exercises, but the simple stretching one outlined first is the best for persons with limited time, space and who needs building up quickly.

MODERN ROBINSON CRUSOE FITTING SHIP FOR CARIBBEAN CRUISE TO RECOVER \$1,000,000 TREASURE FROM ISLAND

Nestled in a sandy cove on a green, tropical island in the Caribbean Sea, with her timbers slowly rotting or petrifying in the heat and the sand piling higher and higher over her year by year, is the wreck of an old-fashioned, high-poop sailing vessel of all sorts, thrown into them with no attempt at order. The fourth contains nothing but unset diamonds, some of them as large as hickory nuts.

Still further aft, in the main hold, are stacked countless boxes of flimsy, uncertain stuff that crumbles and vanishes at your touch. It was once priceless silk, but the 150 years it has remained in the stifling heat under those worm-eaten decks that always smoke in the glare of the tropic sun, has robbed it of its value.

The last visitor, and the only one to set foot on the island since the ship was beached there, is in New York organizing an expedition to go back to that uncharted West Indian island and recover the treasure—a million dollars of it, he thinks, at least—from the bones of one of the Spanish galleons lost late in the fifteenth century.

Down in the Erie Basin of South Brooklyn, where he was negotiating for the charter of a small, two-masted schooner to take him and two companions back to the treasure island, he squared his shoulders and his face grew grim as he told the remarkable story of how he happened to find what he calls the only treasure ship ever discovered.

The man to whom these adventures belong is Carl Hartiger, a native of Glenwood, Minn., who went to the West Indies as a prospector, and remained to follow the sea for a living. He is 37 years old, and an expert navigator.

November 8, last, he sailed as mate of a small coasting schooner from Havana for Fort de France on

the island of Martinique. All went well until in the vicinity of the Leeward Islands, when fire was discovered in the schooner's hold. The captain ordered hatches battened, and with the fire half stifled below decks, continued on to Martinique. The decks grew so hot that ropes coiled on them were singed and blackened. He headed his craft for Guadeloupe, the nearest island, intending to beach his craft on a key.

But something on which he had not calculated interfered. The wind dropped flat and the schooner lay without headway, while always the fire heightened under her decks. That evening it burst through the hatches, burned out the oakum in the deck seams and spouted red, wicked tongues. The four men took to the schooner's yawl, already stocked with food and water.

"We were Williamson, the captain; Smith, Golding and me," Hartiger said. "All that night we pulled on the oars. At dawn our ship was gone. The sun came up, and the tropic heat beat on us. By turns we rowed. Smith took ob-

servations at noon. We reckoned we were eighty miles from Guadeloupe. We rowed all day, and at night the wind hauled sharply out of the east. By morning we were far out of our course, with a half gale ramping in across the sea, the sky dark and with no chance for observation of our position.

The wind held for three days—a hot, dry, baking, tropic gale. Then we found we were far to the southwest of any charted land, and our water was running low. The fourteenth day it gave out and the seventeenth day Golding went mad and died in delirium. Williamson, the captain, followed, and Smith and I were too weak to leave him over the side. Two days later Smith went, and I knew I would follow in a short time. My tongue was black and swollen, but I won't go into those gruesome details.

"It is enough to say that on the twenty-first day I sighted land, and the current and the wind carried me straight between two points of reef into a funnel-shaped harbor, at the inland end of which flared a sandy cove.

"Then I built a rough couch of grass and slept. When I awoke my boat was gone. I had moored her to a great lava-like rock on the beach, but somehow she had worked her painter free and the current had swept her away.

"For some reason, I never knew just why, I had taken Williamson's sextant and chronometer ashore with me when I moored the boat. I took observations which, for obvious reasons, I cannot divulge to you now.

"Then I set about to explore the island. I had not gone a hundred yards when I came upon the bones of an old ship half buried in the beach at the innermost sweep of the sand cove.

"I do not ask you to believe what I found. It was first the gold—solid, oblong, bars of it; ingots, if that's what you call them—stacked tier on tier from the keel of the forehold to the top of the hatch above. How much of it I could not even dream at the time, though afterward in those eight months I spent on the island alone I figured pretty accurately, I think.

"Then I went into the narrow sub-cabin, just aft the fore hold, and came upon the chests, four of them. They were all locked, and I could not open them. They were of some tremendously hard wood, lignum vitae, perhaps, that had resisted the years and the heat.

"I searched the vessel and found crude tools, and for a week I worked hour after hour picking away at the wood and the iron bands that bound it until I had worked my way through. One case contained only unset diamonds and was about half full. The other three were full, and contained a mixture of valuables. There were crucifixes and head ornaments, and bracelets and rings of all sizes, values and designs.

"How did I manage to live? Well, I suppose a good deal like Robinson Crusoe.

"Counting the gold was tedious work. First I estimated the weight of the bricks as 100 pounds. Then I counted the number in the outside layer, counted the number of layers and multiplied. That gave me the number. I was not so sure

of the value of the gold, nor of the quality of it. I went on the basis that it would at least be as heavy as what we now consider 14-karat gold. I estimated that gold of this sort was worth 60 cents a pennyweight, though I have since found that it is worth more, and that would make my find worth \$10 an ounce, or \$120 a pound. From this I deduced that there was about \$500,000 worth of gold in the fore hold of the old hulk.

"Next came the jewels. This was much more difficult. I did not know the value of diamonds per karat, and I had no means of determining the weight of those I had found. In the diamond box there were 225 stones of all sizes. In the other three boxes, besides the gold ornaments, were pieces of jewelry totaling in stone set in them 17 rubies, 241 emeralds and 200 other stones of lesser value. Roughly, I estimated the value of the whole treasure cargo at something more than \$1,000,000—maybe \$1,500,000.